A TO Z INDIA

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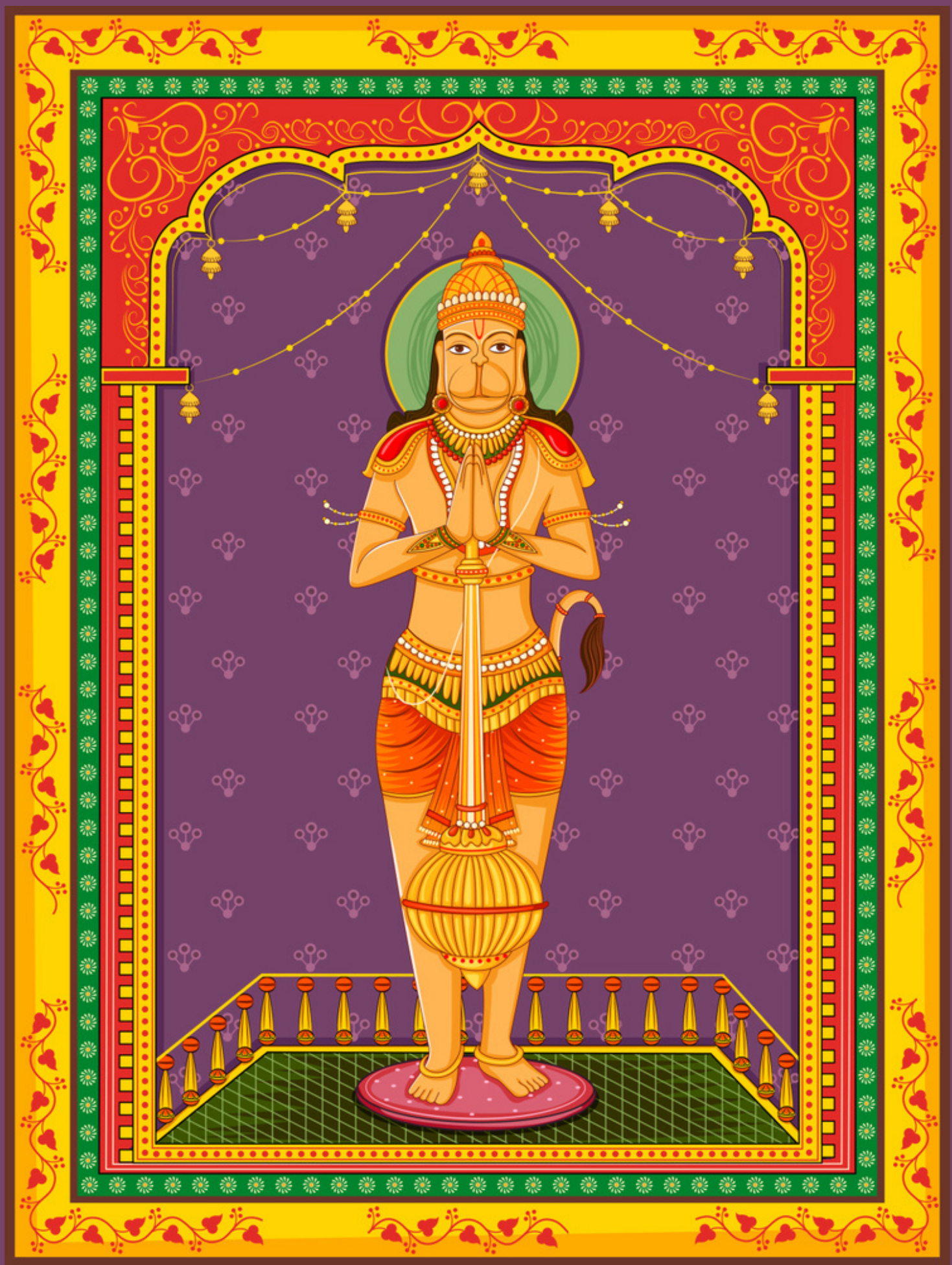
21 MEENAKSHI TEMPLE MADURAI

✒ INDIRA SRIVATSA

Indian Culture ● Indian Art ● Indian Lifestyle ● Indian Religion



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சூரிய பகவானின் கதை மற்றும் வாழ்வை வரலாறு அடங்கிய ஓர் தொகுப்பு.

FROM THE EDITOR

A TO Z INDIA magazine covers the Indian through his art, culture, lifestyle, religion, etc. This magazine gives an insight into the life of Indians from an angle uncovered by others. Turn to find out what it is about and to immerse yourself into an entirely different culture.

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Editorial: Why May is the best month to have a birthday

✒ Indira Srivatsa

Most of us look forward to our birthday all year and, if planned properly, it can be the best day of our year.
If you're lucky enough to have been born in May then you might even have the greatest birthday of all.
Here's why it's best to be a May child.

1. May babies are the biggest and bounciest :
May babies can be up to 7 ounces heavier than those born at other times of the year, meaning that you start life with an extra zing in the pram.

2. Summer is on its way:
Not long after you're born, summer arrives, so you spend the first few months of your life absorbing loads of Vitamin D, fresh air and hope.

Editorial: Why May is the best month to have a birthday

✒ Indira Srivatsa

3. Love is in the air:
The month of May is named after Maia, the Roman goddess of fertility, and it's a month that celebrates the blossoming buds of flowers as nature prepares itself for summer. And folklore is full of lusty youths and gentle maidens falling in love before skipping around the phallic maypole.

4. Milking it in May:
In Old English May is called the 'month of three milkings' referring to a time when the cows could be milked three times a day.
The Milky Bars are on us!

Editorial: Why May is the best month to have a birthday

✒ Indira Srivatsa

5. Oh Lucky You:
People born in May consider themselves to be the luckiest, with levels of optimism much higher than for those born at other times of the year.
And optimism is scientifically proved to make you happier, and may even lead to a longer life.
Pop that Champagne now.

6. Smile and the world smiles back:
May sees National Smile Month in the UK, and so you can beam at those around you for your birthday and beyond.

Editorial: Why May is the best month to have a birthday

✒ Indira Srivatsa

7. The stars are with you:
According to the zodiac, people born in May are understanding, resolute and enthusiastic, and their physical attractiveness, coupled with their mental strength, makes them irresistible. So those born under the signs of Taurus and Gemini should consider themselves blessed by the stars.

8. Emeralds:
The birth stone for May is the emerald.

Indira Srivatsa

Editor - A TO Z INDIA
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South Indian food demystified: Food for the soul

✒ Sankar

Tandoori, naan bread, butter chicken and rich vegetable curries are delicious, but these north Indian staples are just a fraction of the country's diverse culinary offerings. To get a more complete picture, you also need to head south. South Indian cuisine is vastly different – think steamed, spiced and coconut-flavoured. The South Indian states of Andhra Pradesh, Telangana, Tamil Nadu, Kerala and Karnataka each have their own variants of common dishes as well as regional specialties.

1. Dosas - paper-thin crepes:
A traditional breakfast food made of fermented rice-and-lentil batter, a dosa is much like a crispy thin crepe. It's accompanied by sambar (a hot lentil soup) and coconut chutney. Masala dosas are stuffed with a spicy mash of potato and onion; plain dosas are hollow; rava dosas are made from semolina; and some new-age variants get creative with fillings such as cottage cheese or mixed vegetables. Whatever you choose (trust us and start with a masala dosa), the delightfully light dish is best eaten hot, when it's fresh off the griddle.

South Indian food demystifie Food for the soul

✒ Sankar

2. Idlis - steamed rice cakes;
Soft, fluffy and ivory-coloured, idlis are what many South Indian families eat for breakfast. A fermented lentil-and rice-batter is steamed in little circular moulds, and the resulting spherical rice cakes are served with sambar and chutneys. Idlis are light and mild tasting, an ideal snack for when you want to give your stomach a rest from fiery flavours.

3. Vadas - savoury doughnuts:
What's that doughnut-like thing doing on your South Indian breakfast thali (platter)? While a vada won't cure your sugar cravings, it will satiate your desire for something deep fried, hot and crispy. Made from a batter of black lentils, gently spiced with peppercorns, curry leaves, cumin, chilli and onion, this crunchy fritter tastes best when smeared generously with coconut chutney.

South Indian food demystified: Food for the soul

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4. Uttapams - pizza-pancake hybrids:
Is it a pancake? Is it a pizza? No, it's an uttapam. A batter of fermented rice and lentils is ladled on to a griddle. Chopped tomato, onion, chillies, carrot, coconut and other toppings are then sprinkled on. The result is a fluffy, porous, delicious uttapam, softer than a dosa, and tastes great with chutneys or without.

5. Banana chips - crisps with a twist:
Roadside stalls frying up and selling packs of bright yellow crispy banana slices are a common sight. Banana chips are a popular snack in South India. Thin circular slivers of banana are deep-fried, usually in coconut oil. Sometimes they're coated in jaggery. Salty with a mild coconut flavour, these crisps are a good teatime snack.

6. Malabar parotta with Kerala-style beef - flat bread and spicy beef:
Tiring of vegetarian fare? Indulge in some fiery Keralan meats. Parottas are flaky, layered flatbreads made of flour. Eat these with a Kerala-style dry beef fry (erachi varattiyathu) – an incredibly spicy and delicious dish of beef chunks cooked with ground spices, black pepper, coconut and chillies.

7. Appamsand ishtu - pancakes and stew:
Appams are like thin crepes, made from a batter of fermented rice flour and coconut milk. Soft, light and fluffy, they go best with ishtu – a fresh coconut milk-infused stew of veggies, shallots, mild spices and meat of your choice. Mutton, chicken and vegetable stews are the common options.

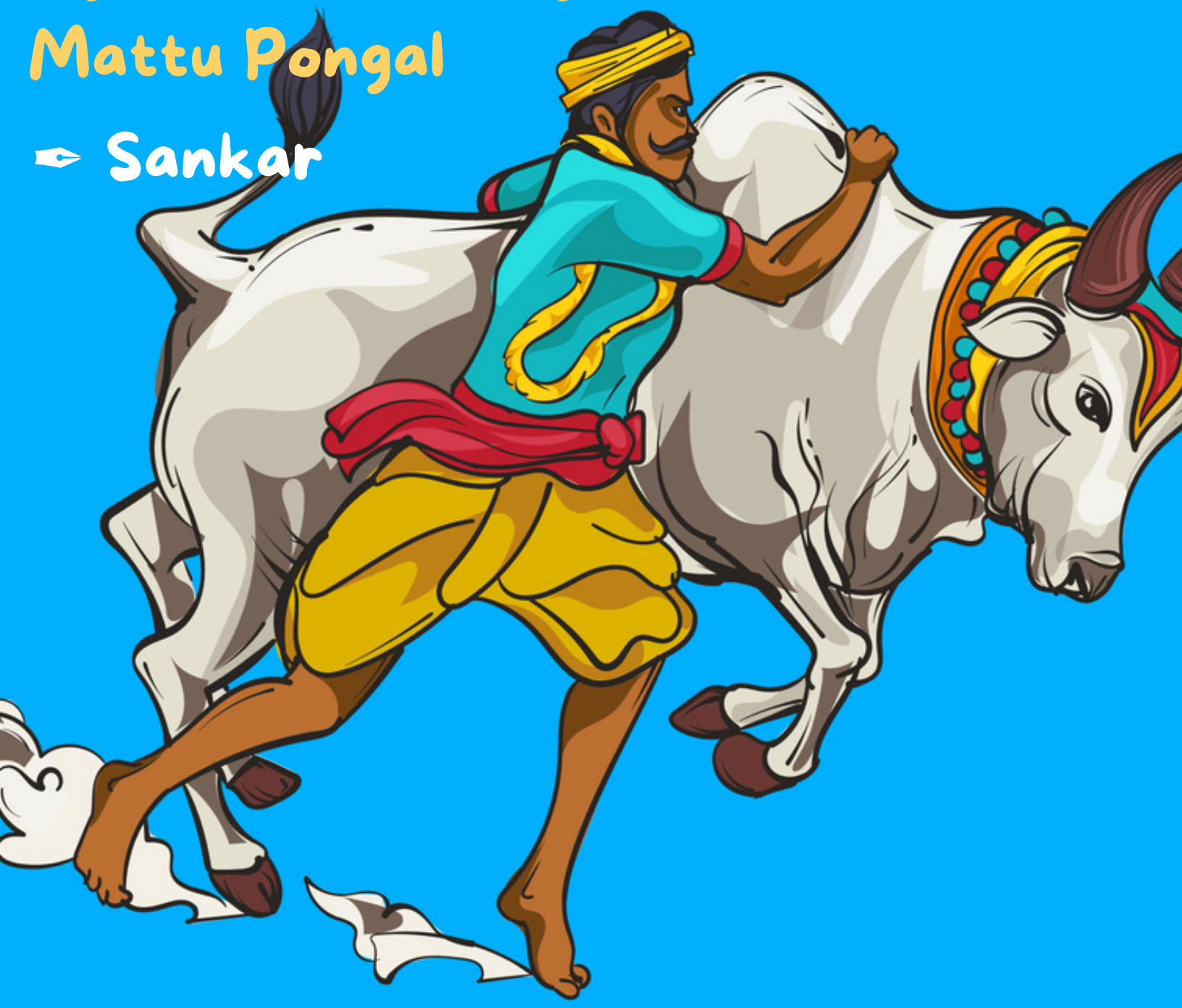
8. Kaapi - filter coffee:
There's nothing quite like a steaming tumbler of South Indian filter coffee to kick start your morning. Coffee connoisseurs will concede that nowhere else in India does kaapi like the south. Beans from southern Indian coffee-growing regions such as the Nilgiris, Malabar and the hills of Karnataka are roasted, ground and sometimes blended with chicory. The coffee is then brewed in a steel filter, mixed with hot milk and poured vigorously between two tumblers from a great height to create a frothy strong brew, served in a stainless steel glass.

Jallikattu: Traditional Bull Fight Event during Mattu Pongal

✒ Sankar

Jallikattu: Traditional Bull Fight Event during Mattu Pongal

✒ Sankar



Jallikattu

Jallikattu: Traditional Bull Fight Event during Mattu Pongal

✒ Sankar

Jallikattu (or sallikkattu), also known as eru thazhuvuthal and mañcuvirattu, is a traditional event in which a bull (Bos indicus), such as the Pulikulam or Kangayam breeds, is released into a crowd of people, and multiple human participants attempt to grab the large hump on the bull's back with both arms and hang on to it while the bull attempts to escape. Participants hold the hump for as long as possible, attempting to bring the bull to a stop. In some cases, participants must ride long enough to remove flags on the bull's horns.

Jallikattu is typically practised in the Indian state of Tamil Nadu as a part of Pongal celebrations on Mattu Pongal day, which occurs annually in January.

Kuchipudi - Indian Classical Dance

✒ Chandra

Kuchipudi - Indian Classical Dance

✒ Chandra

Kuchipudi, one of six classical dance styles of India. Kuchipudi is indigenous to the state of Andhra Pradesh and differs from the other five classical styles by the inclusion of singing. Kuchipudi originated in the 17th century with the creation by Sidhyendra Yogi of the dance-drama Bhama Kalapam, a story of Satyabhāma, the charming but jealous wife of the god Krishna. The dance performance begins with the sprinkling of holy water and the burning of incense.

Other rituals are performed, the goddesses of learning, wealth, and energy are invoked, and the characters are introduced, together with songs concerning their function in the performance. All roles were traditionally played by men. As an offering to Krishna, every Brahman, or priest, of the village of Kuchipudi is expected to perform the role of Satyabhāma at least once in his life.

✒ Chandra

Humour Zone: Laugh Laugh!

» Patient: 4 days back, an ant went inside my ear.
Doctor: Why was there a delay for 4 days?
Patient: How do I know, I should ask only the ant!

» Friend A: My brother will see more television!
Friend B: I think your brother doesn't have any job.
Friend A: No, he works at a T.V. showroom.

» Friend A: Why have you recorded the teacher teaching in your mobile.
Friend B: If I don't get sleep, I will start playing it!

Humour Zone: Laugh Laugh!

✒ Chandra

» Grand father: Take the money, buy whatever you want, 'Murukku' or 'Kirukku'.
Grand son: I like only 'Murukku', I am no 'Kirukku'.

» Mother: Everytime I wake you up, you are telling 'Thirukurral'.
Child: Teacher told me that I should say it correctly even after I wake up from sleep!

» Father: You should eat this small medicine properly without fail daily.
Son: What if I don't?
Father: Then, the small medicine will get lost!

உலக பொதுமுறை நூல்: திருக்குறள் - மக்களின் சிந்தனைக்காக!

✒ ஆதித்யன்

》 பொருட்பால் - அதிகாரம் 83 - கூடா நட்பு - பாடல் 7

》 குறள் 827:
சொல்வணக்கம் ஒன்னார்கண் கொள்ளற்க வில்வணக்கம்
தீங்கு குறித்தமை யான்

》 விளக்க உரை:
வில்லின் வணக்கம் வணக்கமாக இருந்தாலும் தீங்கு செய்தலைக்குறித்தமையால், பகைவரிடத்திலும் அவருடைய சொல்லின் வணக்கத்தை நன்மையாகக் கொள்ளக் கூடாது.

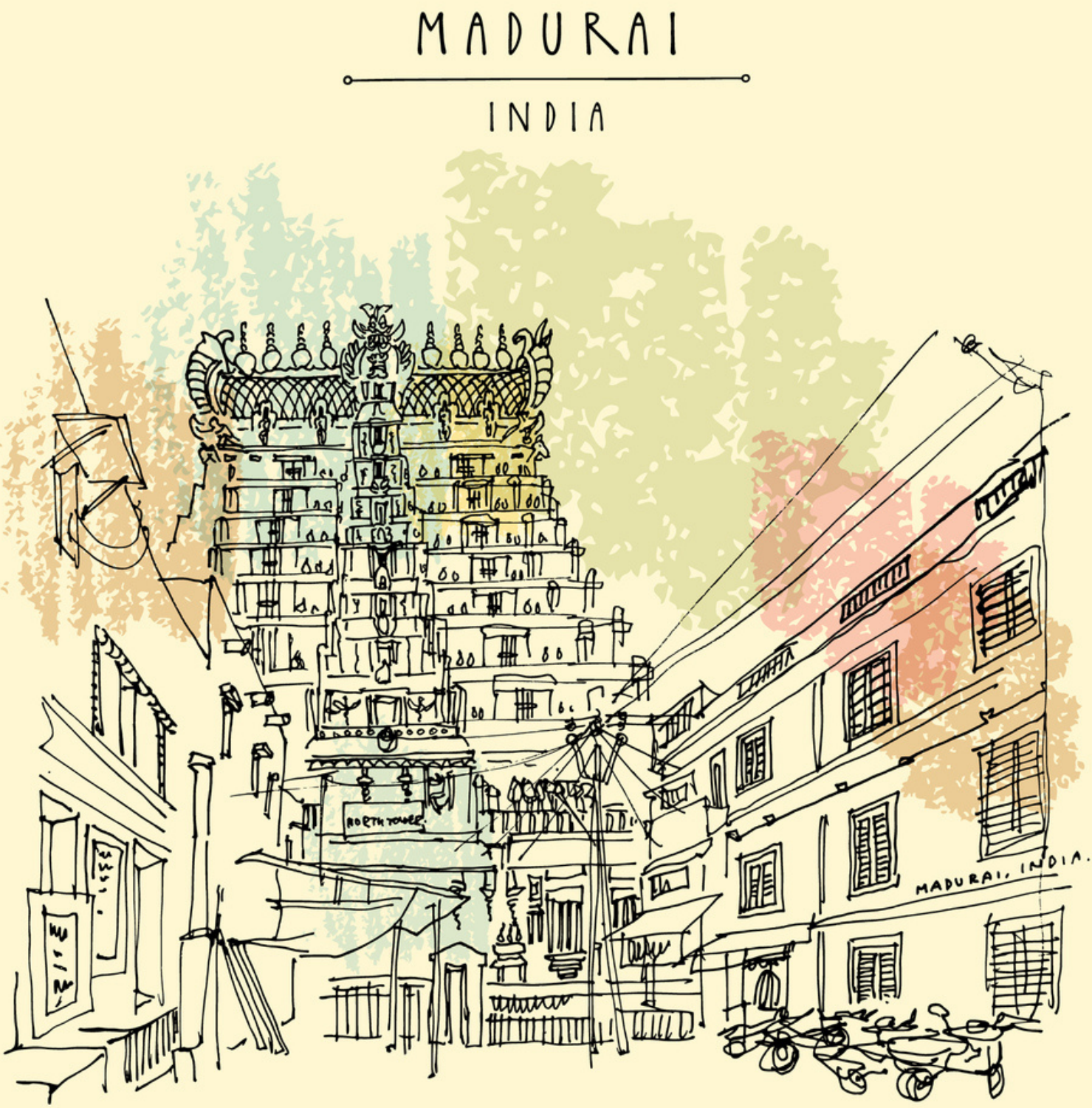
● Monday, 30 November
Guru Nanak Gurpurab 2020

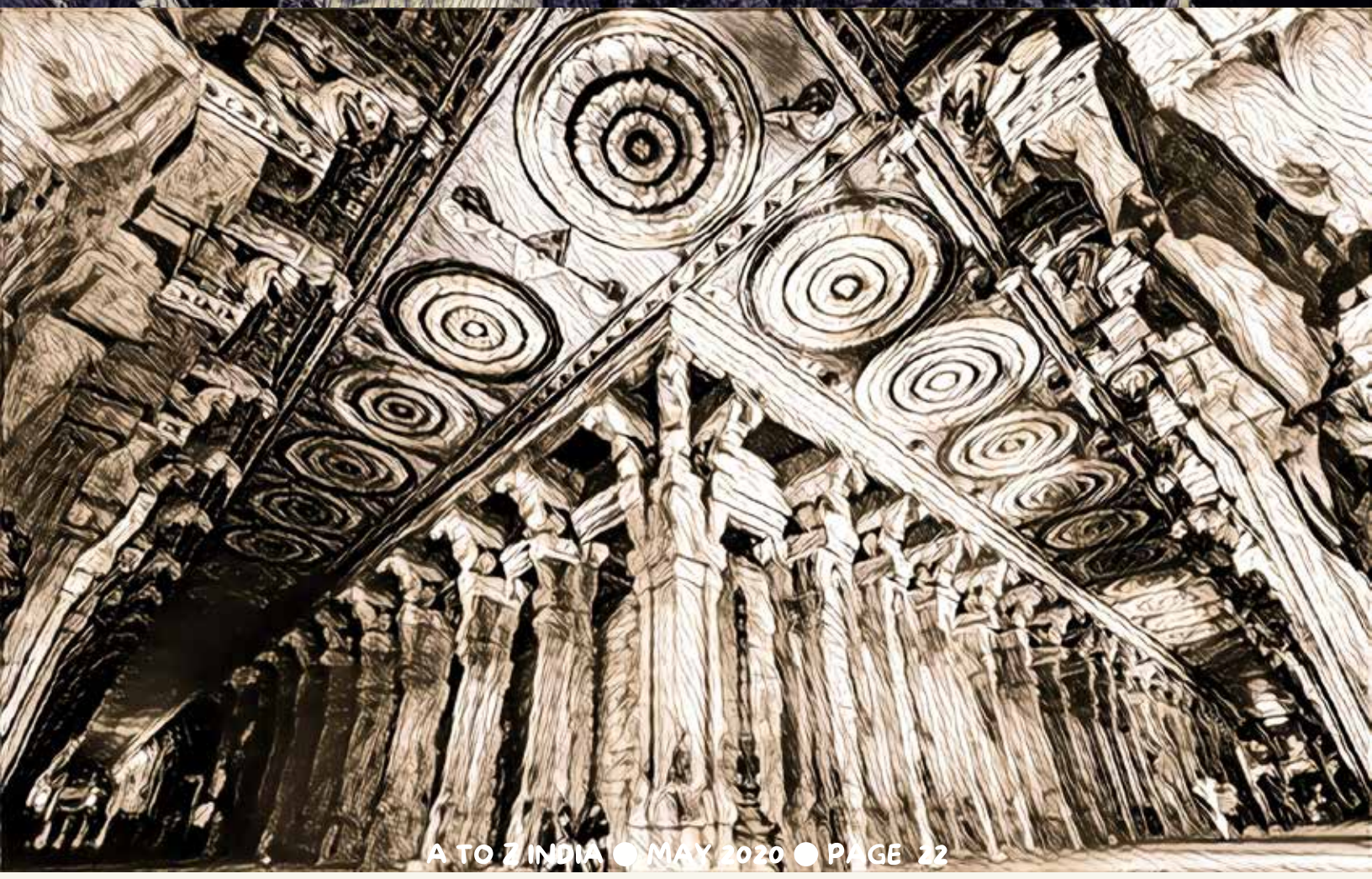
Timepass Corner: Spot the Difference (10 Differences)

✒ Gomathy

Find 10 differences

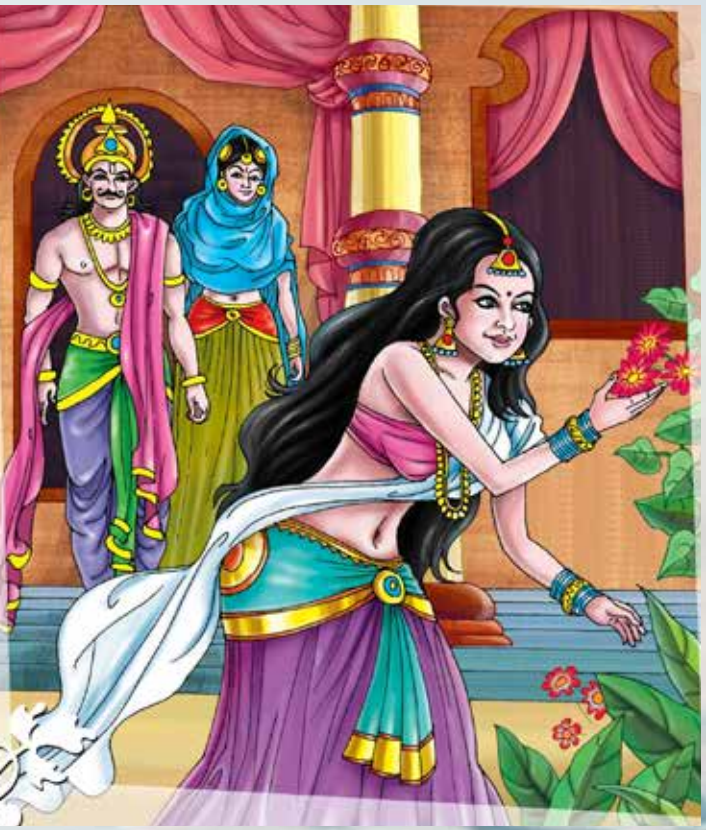
● Madurai - Meenakshi Amman Temple.





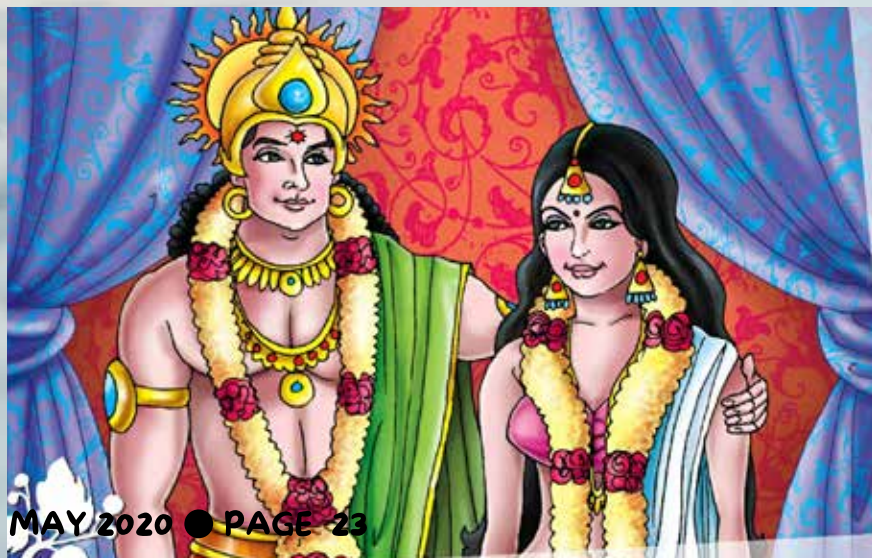
சூரிய பகவானின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

✒ சம்பத்



வானுலக வடிவமைப்பாளர் விஸ்வகர்மாவிற்கு சஞ்ஞனா என்ற மகள் இருந்தாள். அவளுக்கு சூரியனை மிகவும் பிடிக்கும். "சூரியா இவளை மிகவும் கவர்ந்துள்ளான்" என விஸ்வகர்மா நினைத்தார்.

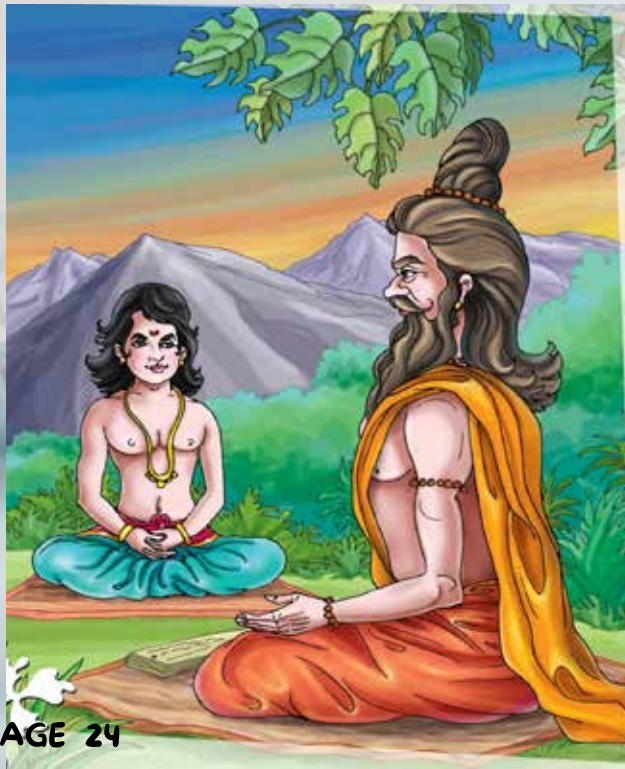
சஞ்ஞனா சூர்யாவை மணக்க விரும்பினார். விஸ்வகர்மா அவளிடம் "சூரியனின் பிரகாசத்தை தாங்க முடியுமா?" என வினவினார். அவள் சம்மதிக்கவே, விஸ்வகர்மா திருமணத்தை நடத்தினார்.



சூரிய பகவானின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

✒ சம்பத்

அவர்களுக்கு ஒரு ஆண் குழந்தை பிறந்தது. அதற்கு 'மனு' என பெயரிட்டனர். தேவலோக முனிவர்கள் அந்த குழந்தையை வாழ்த்தினர்.



மனு ஒரு சிறந்த அறிவாளியாக திகழ்ந்தான். முனிவர்கள் அவனை அறிவிலும், குணத்திலும் மிகவும் சிறப்பானவன் என புகழ்ந்தார்.

சூரிய பகவானின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

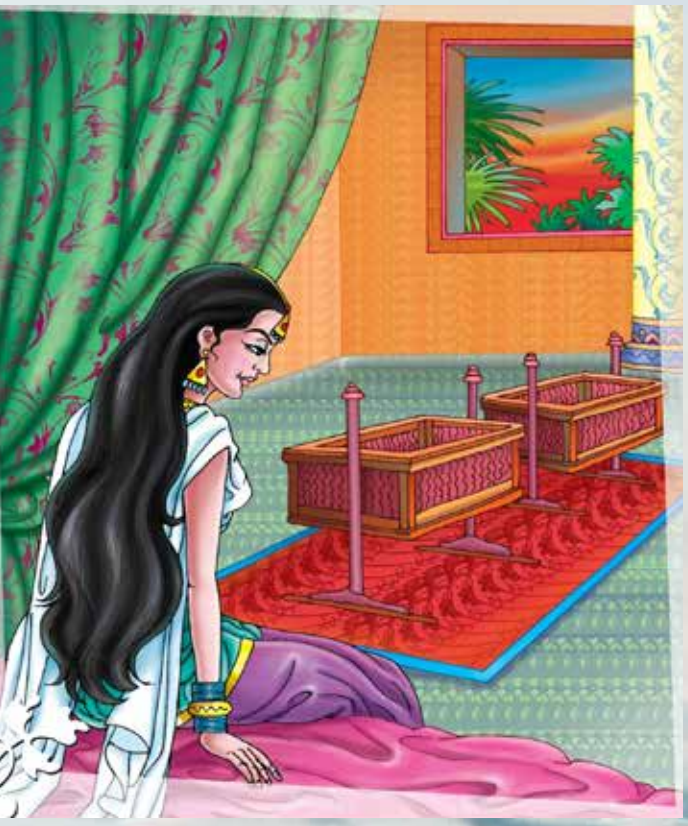
✒ சம்பத்

வெய்யில் காலத்தில் சூரியனின் வெப்பம் அதிகரித்தது. அதை தாங்க முடியாத சஞ்ஞனா சூரியாவிடம் "வெப்பத்தை தணியுங்கள்" என கெஞ்சினாள்.

சூரியா மிகவும் கோபமடைந்து, "உனக்கு 'எமன்' என்ற அழிவு மகனும், 'யமுனா' என்ற குறைபாடு மகளும் பிறப்பர் என சாப்பிட்டார்.

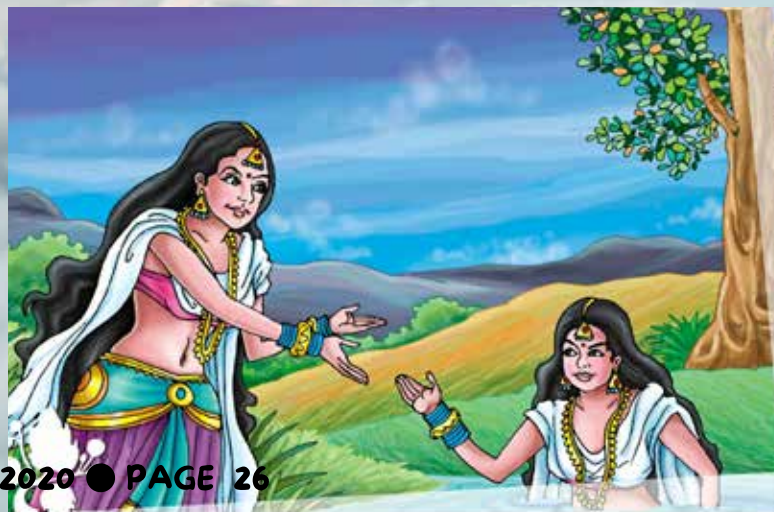
சூரிய பகவானின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

✒ சம்பத்



விரைவில் அவர்கள் பிறந்தனர்.

சஞ்ஞனா சூர்யாவின் சாபத்தை கண்டு அஞ்சினாள். அவள் உடனே அவளின் நிழலான 'சாயாவை' கண்டு, அவளிடம் தன் கணவரையும், குழந்தைகளையும் பார்த்துக்கொள்ள கூறினாள்.



சூரிய பகவானின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

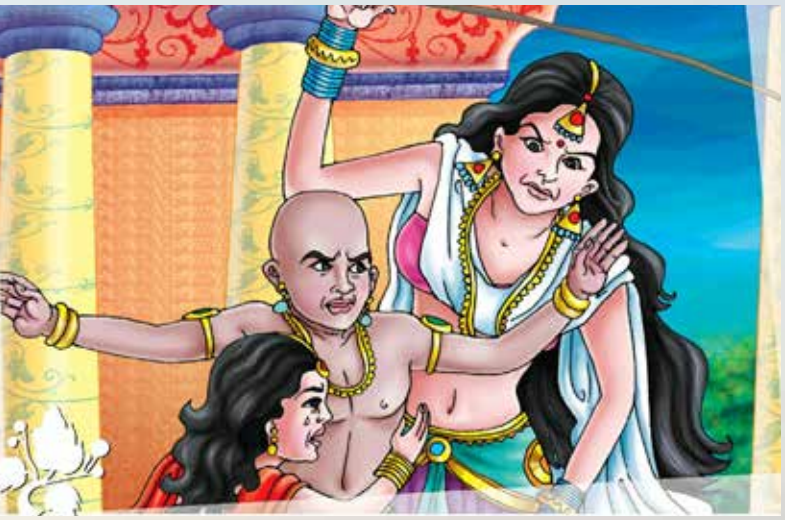
✒ சம்பத்

சஞ்ஞனா ஒரு பெண் குதிரையாக மாறி, காட்டிற்கு சென்று சூரியாவின் சாபத்தையும், கோபத்தையும் தணிக்க தவம் செய்தாள்.

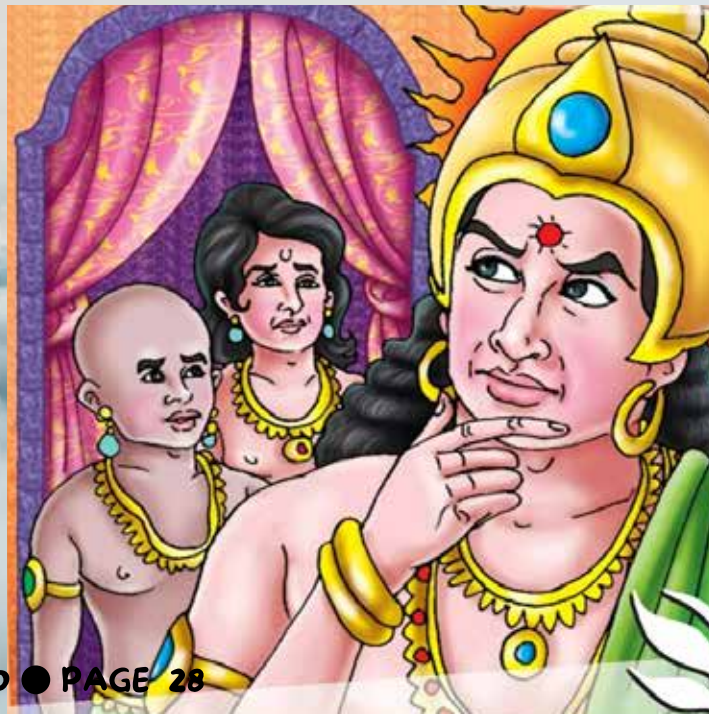
இதற்கிடையில், சாயாவிற்கும்-சூரியாவிற்கும் இரண்டு மகன்களும், ஒரு மகளும் பிறந்தனர். அவள் சூரியாவின் அரண்மனையில் மகிழ்ச்சியாக வாழ்ந்தாள்.

சூரிய பகவானின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

✒ சம்பத்



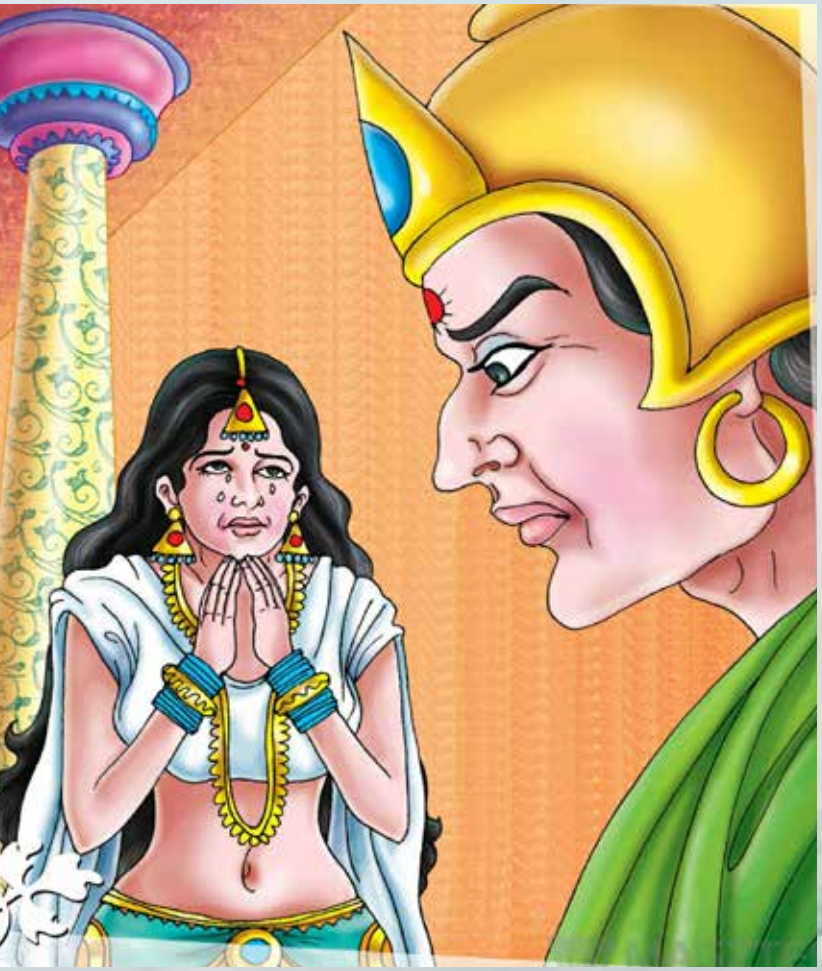
அவள் சஞ்ஞனாவின் குழந்தைகளை கொடுமைபடுத்தினாள். அவளுடைய குழந்தைகளை மட்டுமே பாசமாக வளர்த்தார்.



எமன் அவனின் தந்தையிடம் புகார் அளித்தான். "இவள் எங்கள் தாயாக இருக்க முடியாது" என கத்தினான்.

சூரிய பகவானின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

✒ சம்பத்



சூரியா சாயாவை பார்த்து "நீ சஞ்ஞனாவின் நிழலா?" என வினவினார். சாயா நடந்த மொத்த உண்மைகளையும் கூறினாள். சஞ்ஞனாவின் குழந்தைகளை அவமதித்தற்கு மன்னிப்பு கேட்டாள். உடனே சூரியா தன் தவறுகளை உணர்ந்து, சஞ்ஞனாவை தேட எண்ணினார்.

விஸ்வகர்மாவிடம் சென்ற சூரியா, சஞ்ஞனா ஒரு பெண் குதிரையாக மாறியதை அறிந்தார். சூரியா உடனே தன் கோபத்தை தணித்து கொண்டார்.

சூரிய பகவானின் கதை: சிறுவர்களின் சிறப்பு பக்கம்

✒ சம்பத்

சஞ்ஞனா உடனே தன் பெண் உருமானாள். தன் குழந்தைகளை காண ஆசைப்படுவதாக சூரியாவிடம் வேண்டினாள்.

சூரியா சஞ்ஞனாவை தன் மாளிகைக்கு அழைத்து சென்றார். எல்லோரும் சந்தோஷமாக வாழ்ந்தனர்.

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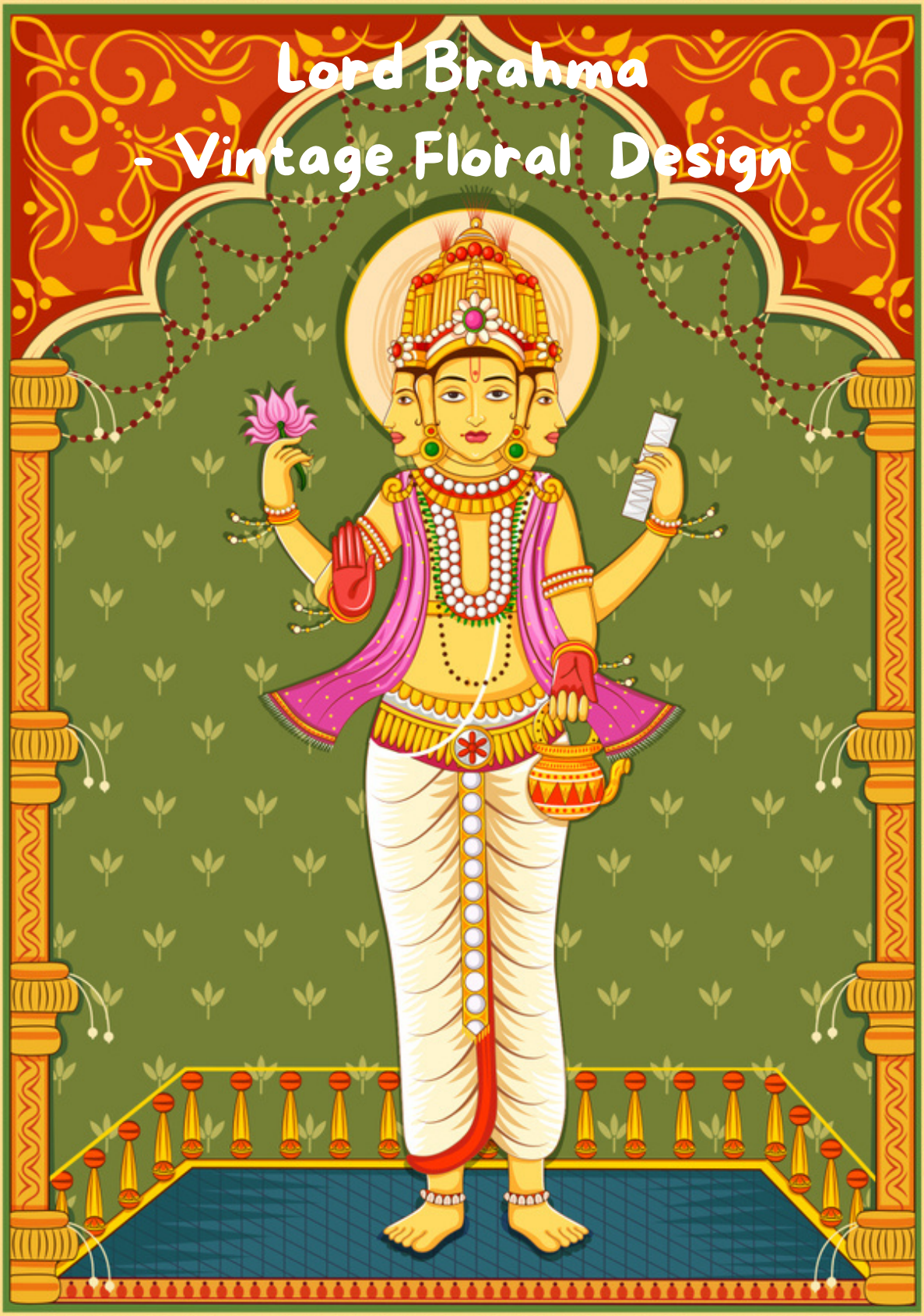
Lord Brahma - Vintage Floral Design



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